Northern Health

Ways to reduce your risk of coronavirus

👉 **WASH** hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.

👉 **TRY** not to touch your eyes, nose or mouth.

👉 **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.

👉 **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.

👉 **PHONE** your GP first if you need medical attention. They will tell you what to do.

👉 **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.

👉 **DON'T** wear a face mask if you are well.

👉 **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.

👉 **GET** the flu shot (available April).

Please notify a staff member if you have flu-like symptoms

If you are concerned, call the

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only.